

HARTFORD STREET ZEN CENTER "NEWS"

57 Hartford Street -- Phone: 863-2507 -- Email: hszc108@yahoo.com -- Website: www.hszc.org -- Oct., 2006

HARTFORD STREET HISTORY ORIGINAL OWNERS: CABRAL FAMILY

Recollections by Jennifer Birkett and Jeffrey Thomas

Tony Cabral, the grandson of the original owner of 57 Hartford Street and two other family members stopped by one afternoon to see if they could spend a few moments inside the house. Tony's father, who died the week before, grew up in this house. Tony and the family (mostly in Lodi) were bringing his father's ashes back to San Francisco for a memorial service and burial. When they arrived, Jeff was home and Jennifer was in the garden working. They toured the house sharing lots of memories and tears. While walking and talking in the garden, Jen suggested that on Saturday (the day of their memorial) they scatter some of Tony's father's ashes in our garden. Tony accepted the offer, to bring their father "full circle" back home.

15 family members showed up around 11:30am after our Saturday lecture. Tony and the family then made their way into the back garden for a moving memorial. Then Tony spread his father's ashes in the bamboo grove. Afterwards, Tony showed us pictures of the family and shared some of the history of the house.

57 Hartford Street was built in 1880 and owned by Tony's grandfather through the late 1970's. During the 1906 quake, the house on the north side fell down, was leveled, then rebuilt. Tony's grandmother Mimi, apparently stashed lots of cash inside the walls of the house before she died. Myo said its okay to search for treasure during zazen but not be attached to it! Tony's dad's teddy bear is encased in cement on the front walk border to the left of the house facing in. It was placed there when he outgrew the bear.

Tony remembered the back garden as being full of tall weeds and a scary place to play as a child. His father's room was on the top floor, back of house where Alex lives now. His brother had the room across the hall. They played darts sometimes using each other as targets. One time Tony's dad was so full of red marks, his mother Mimi thought he had some terrible contagious disease.

What a beautiful family and what loving memories! Thank you!

Hartford Street Zen Center Residential Practice

Issan-ji, or One Mountain Temple, has residential openings for serious practitioners of Soto Zen. Our daily schedule consists of morning and evening *zazen* (seated meditation) and chanting services Monday through Friday, and a public Dharma talk in addition to *zazen* on Saturday mornings. There is also a retreat day on the first Saturday of each month. We have space for four residents in addition to our Practice Leader and are looking for persons who are familiar with the rhythms, responsibilities and ceremonies of temple life, and for whom Zen practice is of paramount importance.

We are located one block east of Castro St. in one of the City's busy neighborhoods, so the ability to practice in an actively urban setting is necessary. Ideally, we would like prospective residents to be known to the Sangha already. Failing that, we usually ask for a firm recommendation from a Dharma teacher or mentor of

established reputation. Residents are asked to pay tuition to support the temple, and to join voluntarily in the cleaning and upkeep of the practice place. If you would like to apply, please send an email to hszc108@yahoo.com, or leave us a phone message at (415)-863-2507.

Hartford Street Zen Center is a neighborhood temple in the Soto Zen tradition of Shunryu Suzuki-roshi and the San Francisco Zen Center, and a California non-profit religious organization. The practice is presently under the guidance of Rev. Myo Denis Lahey, who received Dharma Transmission from Rev. Tenshin Anderson in March of 1999.



Rev. John King's Altar
for our Garden

Dear John, Hartford Street
Members and Guests:

Through the graciousness of Greg Fain and many others, I am able to be with you and speak these few words. My name is Mac and I am a member of the San Quentin Buddhistdharma Sangha. Approximately a year ago, I was having a discussion with John about an altar for your garden. From that discussion John brought me a leaflet from Tassajara, which showed an outside altar. After seeing what was needed, I offered to make it.

It was suggested (by John) that a donation could be made for this effort. Please understand that, that would not be acceptable! It was an honor and a privilege to do this for you. What might have been lacking in craftsmanship, we hope was more than made up for in the love that went into it.

At this time, on behalf of all the Sangha members at San Quentin, I would humbly like to present to you an Outside Altar designed for your garden.

Please accept this, with our love and compassion. Perhaps someday members of our sangha will be able to come and sit zazen in the garden with you.

Questions about the San Quentin Buddhistdharma Sangha, please contact Rev. Greg Fain at SFZC.

HSZC Upcoming Speakers: Rev. Laura Burges.

Thanks to Revs. Shinshu Roberts,
Jeffrey Schneider and Taigen Leighton
for their dharma presentations.

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MORNING (Monday-Friday)

5:30am-6:10 Zazen - Sitting Meditation
6:10am-6:20 Kinhin - Walking Meditation
6:20am-7:00 Zazen
7:00am-7:20 Chanting (Service)
7:20am-7:35 Soji -Temple Cleaning

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EVENING (Monday-Friday)

6:00pm-6:40 Zazen
6:40pm-6:50 Chanting

SATURDAY MORNING

6:30am-7:15 Zazen
7:15am-7:35 Chanting
7:35am-7:55 Soji
[BREAK]
9:10am-9:50 Zazen
10:00am-11:00 Dharma Talk followed by
tea and cookies and discussion.

SUNDAYS and HOLIDAYS – Closed

RETREATS and INSTRUCTION

- * 1-day retreats (First Saturdays of the month)
- * Zazen instruction (brief form) at 8:30am (2nd and 4th Saturdays); long form 1pm (3rd Saturdays with pre-registration).



Our Beautiful Zen Garden by David Bullock

The main border beneath the ginkgo tree was pulled together from many plants previously scattered about the garden. These plants all have in common either bold foliage of green, purple and chartreuse or showy flowers in an orange, red and yellow palette. They are common garden plants - cannas, dahlias, fuchsias, nasturtiums and daylilies - in combination with somewhat more unusual ornamental grasses, a marmalade bush and a lions ear. A lot of the plants in this area as well as throughout the garden are from Mexico and Central America, particularly the cloud forests in those regions. The hoped-for result in this border is one of lushness and vibrancy. Jennifer and I sometimes refer to it as the "Bollywood" border. (more garden info in future newsletters)

ZEN STUDENTS: ROOMS
AT HARTFORD STREET.
CALL FOR APPOINTMENT
AT 863-2507. THANK YOU.



Gay Men's Buddhist Sangha (by Albert Kaba)

The Gay Men's Buddhist Sangha (GMBS) has been in existence since 1999 and practicing at Hartford Street Zen Center for over 2 years. We are deeply grateful to Rev. Myo Lahey and the Hartford Street Zen Center Board of Directors for having invited us to hold our meetings in this beautiful and sacred space.

GMBS respects all traditions and ways of practice. It is the starting point or Dharma gate for many practitioners who we refer to as "Buddhist-curious." Our speakers and topics also reflect the diversity of our Sangha members. On any given Sunday afternoon, you may hear a Vedanta, Vipassana, Theravadan, Tibetan or Zen teacher or perhaps, a medical doctor, psychologist, author or instructor in non-violent communication or yoga. And of course, we often have our own Sangha members sharing their practice, expertise and stories about their spiritual path.

We have a great blessing in that we can draw richly from the Soto Zen tradition and have enjoyed dharma talks from Revs. Myo Lahey, John King, Blanche Hartman, Fu Schroeder, Shinshu Roberts, Jeffrey Schneider, Jana Drakka and Laura Burges, among others.

You may have noticed several women's names in the previous list. Despite the name of our Sangha, we are honored and delighted to have women guests and teachers. All are invited to participate in our Sangha.

Please feel free to drop in and join us some Sunday afternoon. Our current speaker schedule is always posted on the HSZC foyer bulletin board. In gratitude and with bows.

* * *

Editor's Note: The Gay Men's Buddhist Sangha meets at HSZC's zendo on Sundays from 3-5 p.m.

CLEAN OUT YOUR CLOSETS and HELP OUR SANGHA

Let's make October our month to clean closets and donate items to Community Thrift (623 Valencia between 17th and 18th Streets) specifying HSZC (Charity Code #155). They accept donations every day from 10-5pm. For pick-ups, call 861-4910. They accept most items, except computer equipment, encyclopedias, linens and major appliances. Items should work and be in good condition. ARIGATO!!

You can help too by registering your CALA or Ralph's card online at www.ralphs.com (click on community contribution) and again specifying Hartford Street Zen Center (NPO#81398). Thank YOU AGAIN!